My Hair is Thinning, How to Stop it?

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Over the years, there have been many myths regarding thinning hair.

However, scientists have now proven that “clogged” hair follicles and poor scalp circulation do not cause thinning hair. In addition, researchers have also found that wearing hats or helmets does not lead to hair loss.

Unfortunately, genetics account for more than 90% of all cases of men and women with thinning hair. Illness, stress, poor diet, and certain prescription medications can also aggravate hair loss. However, hair loss that can be attributed to one of these factors is generally much easier to treat than thinning hair that is solely the result of genetic influences. Speaking to a doctor or dermatologist may help you determine what is causing your thinning hair.

The medical term for hair loss caused by thinning hair is alopecia. Some people who suffer from thinning hair begin to notice hair loss in their early teens, although most hair loss doesn’t occur until the 30s or 40s. Hair loss is more common among men, but typically causes greater stress for women who have been raised to believe their hair is an important part of their femininity.

Hair loss caused by thinning hair cannot be cured, but several non-surgical treatment options are available. Rogaine brand hair treatment products, containing a minoxidil liquid solution, are available over-the-counter in versions formulated for both men and women. Men who suffer from thinning hair may have suitable results with the prescription medication finasteride, sold under the brand name Propecia. Corticosteroids injections, pills, or creams are sometimes prescribed for patients suffering from persistent hair loss that has not responded to other alternative treatments. These treatment methods require a commitment to continual use, however, since any improvement in thinning hair will be reversed after treatment is discontinued.

While the type of hair care products you use can make it easier to style your hair, products can’t slow or stop the hair loss process. However, poor quality shampoos, conditioners, and styling aids may cause hair breakage that can sometimes be mistaken for hair loss. If you’re bothered by thinning hair, switching to salon quality hair care products might be a worthwhile investment.

Hair transplants and scalp reduction surgery can be used to treat thinning hair. However, these treatments are expensive, painful, and carry serious risks. Most experts will only recommend surgery if other treatment methods have failed and you feel your thinning hair is having a substantial impact on your quality of life.